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HUMAN PLUS

by Robert A. Monroe and Fred Atwater

(Discussion from the Fifth Annual Professional Seminar)

A few years ago, at a conference of psychologists and psychiatrists, Bob Monroe was feeling uncomfortable as the group in general was condemning work in the field of human consciousness. The consensus seemed to be that such work was based on a multitude of theories and techniques (some old and some new) of which few, if any, had been examined scientifically... much less proven.

But Bob felt vindicated when one of the members of that body stood up and said that people were "dying of thirst" for such knowledge, and he would rather see them drinking slightly contaminated water than go without.

Bob said much of our information on Hemi-Sync® is anecdotal, but those subjective reports indicate that it works. We do know that it establishes a coherent brain pattern—beyond that, there's not a lot of "proof." However, Bob suggested the power of Hemi-Sync signals might even be working on a basic cellular level. To date, Hemi-Sync has been used primarily for self-exploration... but a few years ago, Bob began asking, "What else?"

Bob said if most of humankind is to have the opportunity to move beyond its fears to the transformation that has been sought for so long, certain freedoms must be established. To go beyond the level where simple survival is the primary goal, humans must be free from the demands of physical, emotional, and mental survival. The largest obstacle to establishing these freedoms is inertia. When someone looks at the mountain that must be moved and sees that they only have a teaspoon with which to move it, the tendency is to say, "I'll start tomorrow."

The purpose of the Human Plus (H-PLUS®) program is to use Hemi-Sync to give people a shovel rather than a teaspoon. It may still take a lot of work to move the mountain with a shovel, but a shovel is still a tool that everyone can handle. And H-PLUS will encourage people to move the mountain a shovelful at a time.

Bob used another analogy, relating H-PLUS to the invention of the flexible coupler, which allows a locomotive to greatly increase its payload because it only has to overcome the inertia of one car at a time (transforming potential energy into kinetic energy). H-PLUS will provide function exercises that will teach individuals to develop control over physical, emotional and mental systems... one step at a time. Biofeedback has already shown that individuals can

control their autonomic functions; H-PLUS will expand on that concept to eventually include all human functions. Bob said that ultimately means overcoming, modifying, and changing belief systems that imply there are limits to human potential.

He said indications are that H-PLUS will be very effective. But even if H-PLUS is only 10% - 20% effective, it will be an amazing, astounding step in human transformation. Bob concluded, "The water may still be impure, but there's a thirsty world out there."

Fred (Skip) Atwater presented the group with a paper entitled, "The Monroe Institute's Hemi-Sync Process," which is his examination of why Hemi-Sync works. He suggested that the paper speaks for itself, and those interested should take the time to examine it in full.

Skip said the H-PLUS program walks a very fine line in human consciousness—the difference between "believing" something on an intellectual level and "knowing" something on deeper levels. What makes H-PLUS work is Bob's use of multilayered Hemi-Sync signals to access a specific brain function that allows us to program our belief systems, thus creating a "knowingness" through direct experience. H-PLUS is a way of truly creating our own reality, by accessing reality systems where what we thought impossible no longer is—where the "impossibility" becomes a new reality. As individuals, we can learn to access the reality system(s) that most benefit us personally.

Since childhood, we've been programed—by parents, schools, society, etc. The so-called "rules of the game of life" are belief systems which become our reality. Is there an "absolute reality" underlying all this, or is reality something we learn? We don't know. What's important is that the reality we believe in is the one that we're subject to. Those beliefs can limit our freedom.

H-PLUS creates an access channel in our consciousness which should enable us to set aside specific "rules" that limit us... and even create new ones. The brain is the camera through which we perceive reality, yet we are not the camera. Different settings, filters, etc. can alter the perception. With H-PLUS, we can gain the ability to control our perceptions, and thus our reality.

(Following Bob and Skip, the Professional Members were given a demonstration of the H-PLUS access signals and several specific function exercises, including: focus of attention, physical strength and coordination, staying awake, and speaking and reading before groups of people.)

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